

**CLAIMS**

What is claimed is:

1. A recording and/or reproducing method comprising:  
recording and/or reproducing real time files requiring real time recording/reproduction according to real time recording/reproduction information for ensuring real time reproduction; and  
recording and/or reproducing the real time files using the real time recording/reproduction information;  
wherein the real time recording/reproduction information comprises minimum contiguous recording and/or reproduction block type information.
2. The recording and/or reproducing method as claimed in claim 1, wherein the minimum contiguous recording and/or reproduction block type information of the real time recording/reproduction information includes information as to at least one of minimum contiguous storage blocks satisfying a condition in which a playback time of a current data block is greater than a sum of the seek time and a read time of a data block to be played back next, and a playback time for ensuring minimum contiguous storage.
3. The recording and/or reproducing method as claimed in claim 1, wherein the minimum contiguous recording and/or reproduction block type information includes conditions including recording/reproduction bit rate Information, file defect management Information, file allocation information, file buffering information, and the information of minimum contiguous storage blocks.